Hobbies and Leisure Activities Reduce Your Stress and Improve Your Personality

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Hobby

- an activity or interest pursued for pleasure or relaxation and not as a main occupation.
- an activity done regularly in one's leisure time for pleasure.
- A **hobby is** an activity that you do in your spare time for fun. ... In the 13th century the word **hobby** referred to a small horse or a pony. It later came to describe a toy horse — a hobbyhorse. It's from the hobbyhorse that the word's modern sense of "**favorite** pastime" evolved.

Hobby

- Having a hobby that we enjoy brings us joy and enriches our lives. It gives us something fun to do during our leisure time and affords us the opportunity to learn new skills. We are very fortunate to have so many different options out there today.

Cultivating a new Hobby

- The best way to cultivate a new hobby is to try something new. The world is full of wonderful, exciting activities that we can explore and adopt as our own. Of course, all of us are unique and, therefore, our interests and hobbies vary. But once we find a hobby that we truly enjoy and are passionate about, we become hooked. It becomes part of our lives and captivates us in a very personal way.

Advantage of Hobby

There are many reasons why all of us should have at least one hobby, but here are the main advantages:

1. It makes you more interesting. People who have hobbies have experiences and stories that they can share with others. They also have specialized knowledge that they can teach to anyone who also has an interest in the same topics as they do.

Advantage of Hobby

2. It helps **to relieve stress** by keeping you engaged in something you enjoy. Hobbies give you a way to take your mind off the stresses of everyday life. They let you relax and seek pleasure in activities that aren't associated with work, chores or other responsibilities.

Advantage of Hobby

3. Hobbies help you become more patient. In order to develop a new hobby, you have to learn how to do something that is brand new to you. The odds are there will be a learning curve, and you will need to be patient in order to

Advantage of Hobby

4. Having a hobby can help your social life and create a bond with others. A hobby is something that you can frequently enjoy with other people. Whether you join a club, play in a league, or just gift others with the fruits of your labor, a hobby is a great way to meet and get closer to people who have the same interests as you do.

Advantage of Hobby

5. It increases your confidence and self-esteem. The odds are that if you really enjoy an activity, you are usually pretty good at it. Any activity that you can excel in is an opportunity for you to build your confidence and develop pride in your accomplishments.

Advantage of Hobby

6. Hobbies help reduce or
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Advantage of Hobby

7. It helps you develop new skills. A hobby that you really dedicate your time to will lead you to build new skills. As you spend more time at your hobby you will become better and better at it.

Advantage of Hobby

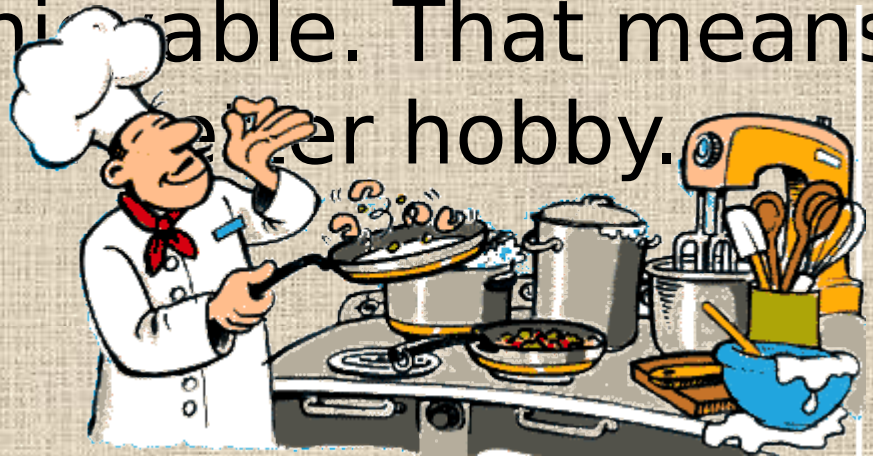
8. It increases your knowledge. Along with building new skills, you will also gain new knowledge through the development of your hobby.

Advantage of Hobby

9. It enriches your life and gives you a different perspective on things. No matter what type of hobby you choose, you will definitely be exposed to new ideas. Hobbies help you grow in various ways, including exposing you[illegible]pinions and to new ways t[illegible]e

Advantage of Hobby

10. It challenges you. When you pick a new hobby, you will be involved in activities that are novel and challenging. If you don’t find your hobby challenging, then you also won’t find it engaging, and it will be less enjoyable. That means you need to find another hobby.



Advantage of Hobby

11. It helps prevent bad habits and wasting time. There is an old saying that “idle hands are the devil’s workshop.” If you have good hobbies to fill up your free time, then you will be less likely to spend that time on wasteful or negative activities.

Hobbies reduce Stress

Hobbies bring a sense of fun and freedom to life that can help to minimize the impact of chronic stress.

- Those who feel overwhelmed at a job, for example, can benefit from hobbies because they provide an outlet for stress and something to look forward to after a hard day (or week) at a stressful job.

Health Benefits of Hobbies

- One study found that those who engage in physical leisure activities for at least 20 minutes once a week are less susceptible to fatigue.
- Other research found that enjoyable activities performed during leisure time were associated with lower blood pressure, total cortisol, waist circumference, and body mass index, and perceptions of better physical function. Such **activities were also correlated with higher levels of positive psychosocial states and lower levels of depression and negative effect.**
- Ultimately, the benefits of hobbies, both psychologically and physically, are worth

Health Benefits of Hobbies

Taking a Break

- Hobbies provide a slice of work-free and responsibility-free time in your schedule. This can be especially welcome for people who feel overwhelmed by all that they have to do and need to recharge their batteries by doing something they enjoy.
- For those who feel overwhelmed by responsibility, it may be difficult to find the time or give themselves permission to take a break from a busy schedule and just sit and relax.
- Either way, hobbies provide a nice break during a busy week.

Health Benefits of Hobbies

Experiencing Eustress

- For those who aren't overly stressed and may actually be under-stimulated, hobbies provide a nice source of eustress, the healthy kind of stress that we all need to remain feeling excited about life.
- If the rest of your life is somewhat dull or uninspiring, hobbies can provide meaning and fun and can break up a boring schedule without feeling like work. In other words, hobbies can provide just the right

Health Benefits of Hobbies

Having a Social Outlet

- Many hobbies lend themselves to group activities: golfing rotations, knitting circles, and creative writing groups are good examples.
- Hobbies that connect you with others can bring the added benefit of social support, which can bring stress relief and meaning to life in a fun way.
- The friends you have fun with can become some of

Health Benefits of Hobbies

Enjoying Positive Pleasures

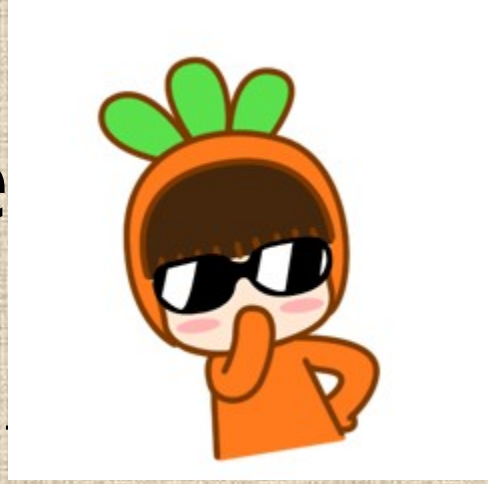
- Positive psychology, a relatively new branch of psychology that studies what makes life worthwhile, has discovered that pleasures—activities that bring fun to life—can be wonderful for relaxation and enjoyment of the moment.
- Pleasures can bring a lift to your mood. Since hobbies generally incorporate pleasures into your life, maintaining hobbies can be good for your overall sense of joy.

Health Benefits of Hobbies

Receiving Gratifications

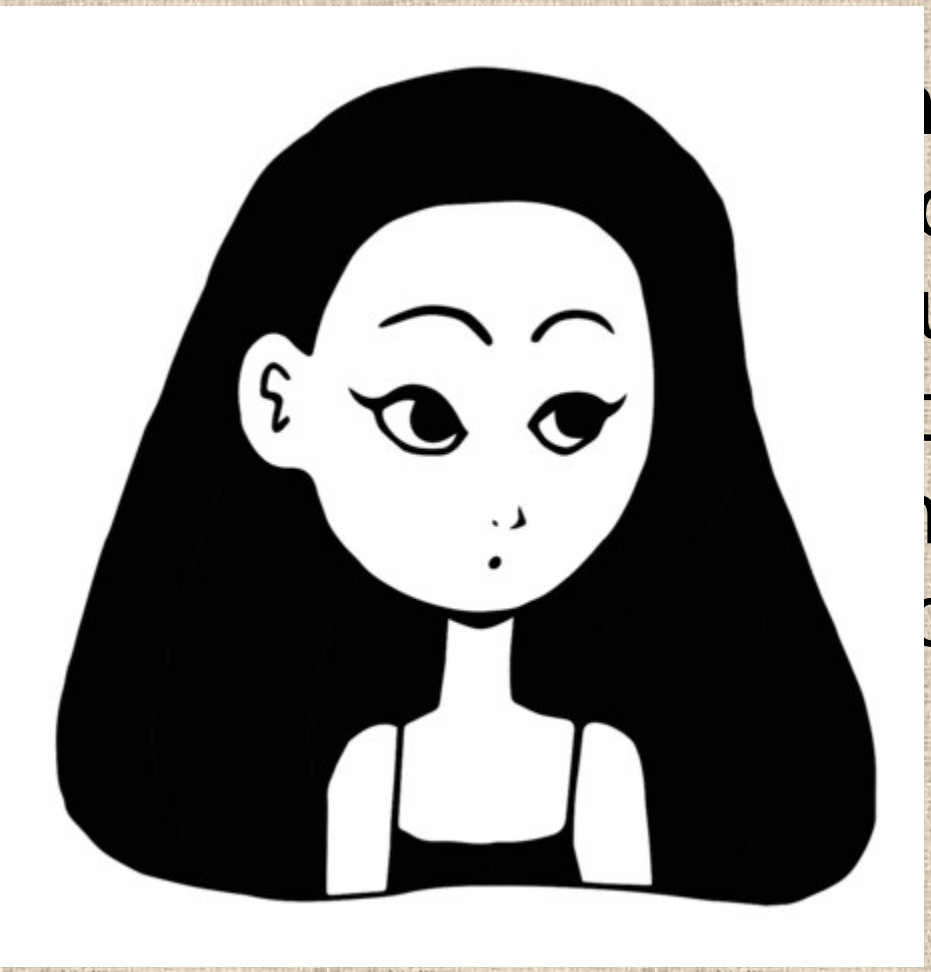
- Also from positive psychology, satisfactions are important activities that bring meaning and fun to life. Gratifications present the kind of challenge that requires us to use some of our best personal skills and engages us in a sense of flow, which can put us in a near-meditative state where we lose track of time and feel removed from the stressors of life, and fully engage in what we are doing.
- Gratifications can lead to a reduction in stress and a sense of well-being, and hobbies are usually experienced as gratifications. If you want more happiness and fewer stress experiences in

Health Benefits of Hobbie



- **Staving Off Burnout**
- Hobbies bring a sense of fun and freedom
  can help to minimize the impact of chronic stress. Those who feel overwhelmed at a job, for example, can benefit from hobbies because they provide an outlet for stress and something to look forward to after a hard day (or week) at a stressful job.
- Some research shows that those who are in stressful jobs that normally contribute to burnout (low-control, high-demand jobs, for example) feel less of a need to "recover" from their day at bedtime if they have more physical or social leisure activities that aren't work-related—or in other words, more hobbies.
- In this study, those who had a need to "recover" at bedtime were more likely to suffer from negative

Health Benefits of Hobbies



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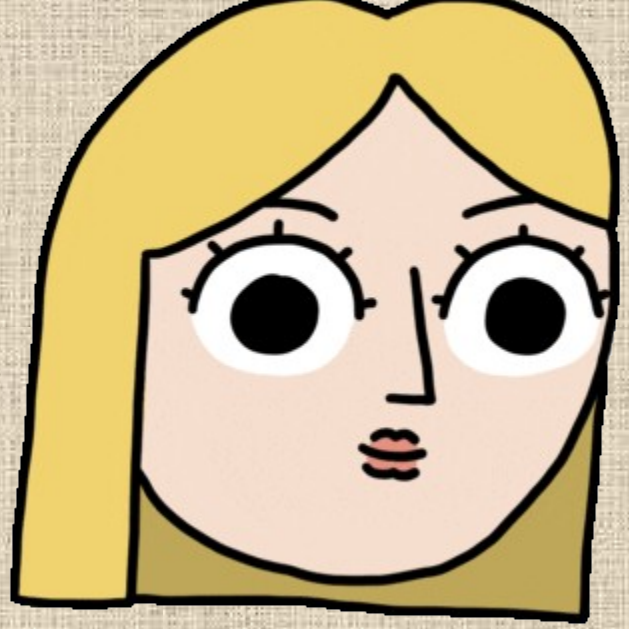

List of Hobbies

- Aquarium making
- Arts and crafts
- Cooking/baking
- Auto repairing
- Carpentry
- Ceramics/pottery
- Coaching Little League
- Computers
- Gardening
- Home decorating
- Hunting
- Model building
- Photography
- Playing music
- Sewing
- Singing
- Stained glass making
- Volunteering
- Flower arranging
- Woodworking

Difference Among Hobby and Leisure Activity

- A **hobby** would be a passion or interest you **invest time**, effort and often money into a regular constructive **activity** in deliberate way
- **Leisure time** would be your **free time** outside of work, other responsibilities including your **hobby** that you engaged in other recreational or leisure type **activities.**

Leisure Activity

- An activity chosen for pleasure, relaxation, or other emotional satisfaction, typically after work and other responsibilities are done.
- **Leisure time** allows you to step back — physically but most **important**, mentally — from stress. ... During **leisure activities**, you will be disconnected from the outside world. You will be empowering yourself to deal with situations in a less stressful way.

Leisure activities

- Health is a complex phenomenon, analogous to which leisure can also be considered as holistic: It affects our physical, mental and emotional well-being (health), promotes social integration, socialises, educates, exercises an effect on balancing sexual energies, it can be the means of expressing our identity, and its performance is connected to our natural and built environment.

Leisure Activities Reduce Stress

- “When people engage in **leisure activity**, they have lower **stress** levels, better mood, a lower heart rate and more psychological engagement — that means less boredom, which can help avoid unhealthy behaviors.”

Use Leisure Time to Cope With Stress

- Being busy people, most of us have at least some ambivalence about "doing nothing." Most people carry a heavy load of responsibilities for work and family and need to remain productive. Our time is valuable, and we don't want to waste it. (Even when on vacation, many people not only structure their schedules and over-plan activities but bring work along with them as well!) Unstructured time, leisure time may feel like wasted time to many.
- Interestingly, sometimes we need to spend some idle time relaxing so that we *can* remain productive.
- Because too much of the wrong kind of unmanaged stress can lead to decreased motivation and even burnout, it's important to find effective coping strategies for this stress and taking a break to do what feels like nothing can be a key to managing this stress. Leisure time helps us to cope with stressful days.

Leisure Activities for Stress Relief

- There are several activities we may be drawn to during times of stress. We may think we're just being "lazy" but sometimes we know what we truly need more than we realize; we all need a healthy balance between hard work and rest.
- Everyone needs some "downtime" so they can have the energy to keep working their hardest when they need to.

Walking

- Getting your body going can help you reduce stress. If you find yourself overwhelmed, consider upping the amount of physical activity you do.
- Although no one is considered an athlete for walking often, it doesn’t mean that it is devoid of benefits. Walking offers a simple way of getting your body going without being too taxing.
- If you’re intimidated by other physical activities, start by getting into the habit of walking for 30

Hiking

- If you find yourself getting sick from all the stress in your life, you need to get yourself into nature. Hiking can get you to beautiful places, which may help boost your mood.
- A study has shown that immersing yourself in nature, even for 20 minutes, can help reduce your stress hormone levels.

Making Art

- The simple act of creating something from scratch can be relaxing. At the same time, it’s something within your control.
- You might want to consider leisure activities like painting, sketching, and the like to help reduce your stress. Not only is art a great way of calming yourself, but it is also a great form of self-expression.

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also quite meditative.
There is such a thing
called mindful knitting,
which makes people focus
less on what’s going on in
the outside world and

Dancing

- Moving your body, in whatever way you can, helps you be more focused on what your body is doing. You’re letting loose.
- You don’t even have to dance well to benefit from the freeing feeling of dancing. Simply dancing alone in your room and letting yourself drown in the movement of your body is already releasing stress.

Listening Music

- Leisure activities don’t have to be complex to provide stress-reducing benefits. Listening to music you love can already help reduce stress levels.
- There’s even a study on how music can reduce stress and anxiety in people with coronary heart disease.

Watching Movie

- Even if you're watching a sad movie, it can still help boost your endorphin levels.
- **Endorphins**
  Definition: These are hormones that relieve pain and boost feelings of pleasure.
- Do you have a list of movies on your to-watch list that you haven't gotten around to yet? Then, maybe it's time that

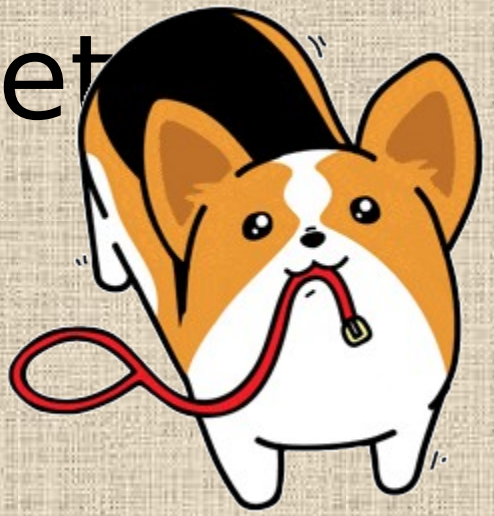
Reading a Book

- Leisure activities like reading a book are great for relaxation. The great thing about books is you can carry them anywhere so you can always whip them out when you want.
- You can read while on your commute, laying on your couch, or even when you're soaking in the tub. If you've been hoarding books and feeling stressed, then crack one open.
- If you haven't been into reading, then perhaps now is the time to start. It's a

Watching Aquariums

- Watching fish may sound like watching paint dry, but studies have shown that there are wellness benefits to looking at current events in the aquarium.
- It goes to show that even the most mundane activities can help you develop a more stable mental well-being. So, if you’re looking for a destination to unwind in, then why not go to your nearest aquarium that practice safe animal care?
- After all, there must be a reason a lot of dentist offices have aquariums, right?

Playing with Pet



- Playing with Your Pet
- The reason why cat videos are popular on the Internet may be because of their stress-reducing effect. There are many studies that associate stress relief with owning pets so if you've got a furry (or not-furry) friend with you, then consider spending more time with them.
- Why not hit two birds with one stone by going on a walk with them?

Choice an activity is Yours

- There are many leisure activities that have a stress-relieving effect on people. From physical activities to simply taking a break, stress management doesn't have to be a complicated affair.
- As long as you take the time to disconnect from your stresses, then you should be able to deal with whatever's on your plate.

THANK
YOU